CLAIMS

What is claimed is:

- 1. A water supply channel assembly, comprising:
 - a first water supply channel comprising:
 - a first flow path; and
- 5 a first group of apertures;
 - a second water supply channel comprising;
 - a second flow path; and
 - a second group of apertures; and
- a first wall defining a commonly-shared sidewall of the first and second water

 supplies; wherein

the second flow path comprises a plurality of radially-extending flow channels.

- 2. The water supply channel assembly of claim 1, wherein the second water supply channel at least partially surrounds the first water supply channel.
- The water supply channel assembly of claim 1, wherein:
 the first flow path comprises a straight laminar flow path; and
 the second flow path comprises an at least partially circular turbulent flow

 path.
 - 4. The water supply channel assembly of claim 3, wherein each of the plurality of radially-extending flow channels extend substantially directly outwardly from the at least partially circular turbulent flow path.
 - 5. The water supply channel assembly of claim 4, further comprising a second wall defining:
 - at least one sidewall of the plurality of radially-extending flow channels; and

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at least one sidewall of the second flow path.

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- The water supply channel of claim 3, further comprising:

 an inner nozzle cover comprising a top of the first and second flow paths; and

 an inner nozzle layer comprising a base of the first and second flow paths, the inner nozzle layer mating with the inner nozzle cover; wherein the wall extends outwardly from the inner nozzle cover; and the first and second groups of apertures are formed in the inner nozzle layer.
- 7. The water supply channel of claim 3, further comprising a valve operative to direct water flow to one of the first and second flow paths.
 - 8. The water supply channel of claim 7, further comprising a unitary inner nozzle insert defining a top and a bottom for the first and second flow paths; wherein the first wall is formed integrally in the unitary inner nozzle insert.
 - 9. The water supply channel of claim 3, further comprising a valve operative to regulate a flow speed of a liquid through the first and second flow paths.
- 20 10. A method for manufacturing a shower head assembly, comprising:
 defining a first flow path;
 defining a second flow path;
 defining a first set of inner nozzles connected to the first flow path;
 defining a second set of inner nozzles connected to the second flow path;
 nesting the first and second sets of inner nozzles in a plurality of external nozzles;

enclosing the first and second flow paths in an outer housing; at least partially enclosing the first set of inner nozzles, second set of inner nozzles, and set of external nozzles in the outer housing; and affixing a connection structure to the outer housing, the connection structure operative to mate with a shower arm assembly.

- 11. The method of claim 10, wherein:
- the operation of defining a first flow path comprises defining a laminar flow path; and

the operation of defining a second flow path comprises defining a turbulent flow path.

- 10 12. The method of claim 11, further comprising injection molding the plurality of external nozzles over the first and second sets of inner nozzles.
 - 13. The method of claim 12, further comprising: defining a water supply channel operably connected to the first and second flow paths; and

inserting a valve into the water supply channel, the valve blocking one of the first and second flow paths.

- 14. A nozzle assembly for use in a showerhead, comprising:
- an inner nozzle;

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an external nozzle at least partially surrounding the inner nozzle;

an inner nozzle orifice defined at a first end of the inner nozzle, the inner nozzle orifice comprising a lateral inner nozzle orifice cross-section;

an outer nozzle orifice defined at a first end of the outer nozzle, the outer nozzle orifice comprising a lateral outer nozzle orifice cross-section; and

a nozzle reservoir defined at a second end of the inner nozzle, the first and second ends of the inner nozzle opposite one another; wherein

the inner nozzle orifice and outer nozzle orifice substantially aligned along a longitudinal axis of the inner nozzle; and

Patent Application Attorney Docket No. 1294/US/2 Express Mail Label No. EV 156 967 530 US

a surface area of the inner nozzle orifice cross-section is smaller than a surface area of the outer nozzle orifice cross-section.

- 15. The nozzle assembly of claim 14, wherein:
- the inner nozzle is rigid; and the outer nozzle is flexible.
 - 16. The nozzle assembly of claim 15, wherein the outer nozzle further defines a
- seal extending radially outwardly from a center of the external nozzle.
 - 17. The nozzle assembly of claim 15, wherein the outer nozzle comprises an elastomeric material chosen from the group comprising santoprene and monoprene.
- 18. The nozzle assembly of claim 15, wherein the outer nozzle comprises an elastomeric material having a Shore A hardness of 40-50.
 - 19. The nozzle assembly of claim 14, further comprising means for generating a fine mist from a liquid flowing through the inner nozzle.
- 20 20. The nozzle assembly of claim 14, wherein the first end of the inner nozzle is recessed from the first end of the second nozzle.